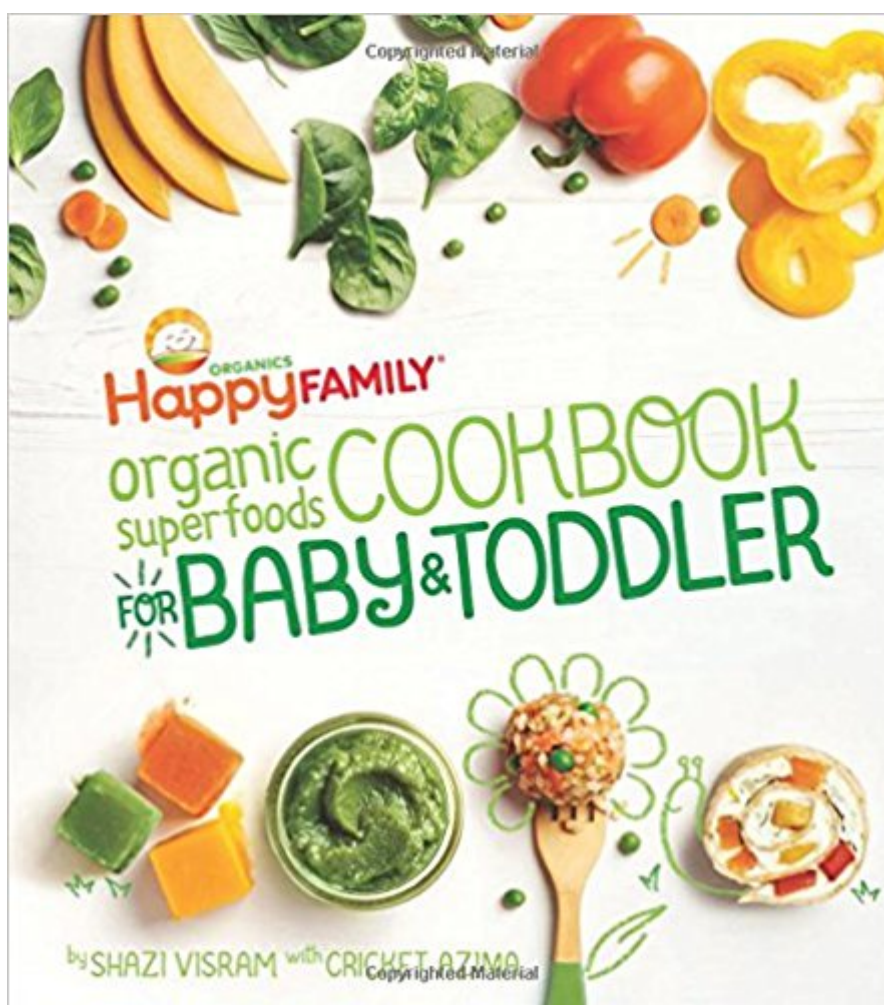


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# The Happy Family Organic Superfoods Cookbook For Baby & Toddler



## Synopsis

Give your baby and toddler the best start in life by feeding them nutrient-rich superfoods in easy-to-prepare recipes created by Shazi Visram - the founder and CEO of Happy Family Organics, one of the fastest-growing organic food companies in the US - and Cricket Azima, founder and CEO of The Creative Kitchen and celebrated chef. With more than 70 easy-to-prepare recipes made with all-natural ingredients, *The Happy Family Organic Superfoods Cookbook* offers a fresh, nutritious, and accessible approach and Shazi's enlightened nutrition philosophy to feeding children from 4 months to 3 years. Recipes for babies (4-12 months) From single to multi-ingredient vegetable and fruit purees, including Happy Family's best-selling spinach, mango & pear recipe, to recipes with quinoa, chia, and kale Shazi's and Cricket's superfood recipes will nourish and please every kind of baby. Recipes for toddlers (1-3 years) Meals include avocado & chicken whole wheat pizza; 3 bean farro risotto; and baked salmon with peas & rice balls; toddlers will love tasty snacks like strawberry-beet pudding with coconut milk and chia; avocado, melon & mint smoothies; banana, chocolate chip & quinoa muffins; and grilled nut-butter sandwiches with smashed berries.

## Book Information

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Best Sellers Rank: #42,467 in Books (See Top 100 in Books) #11 in Books > Cookbooks, Food & Wine > Special Diet > Cooking for Kids #15 in Books > Cookbooks, Food & Wine > Special Diet > Baby Food #36 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic

## Customer Reviews

To celebrate 10 years of creating organic baby food goodness, Happy Family recently launched its first cookbook. Featuring 70 easy-to-follow recipes, the cookbook is the perfect companion to help

you introduce your little ones to new flavors and textures before taste preferences set in and while they're still willing to be adventurous. The coconut milk salmon with cauliflower and spinach and sweet potato and raisin pancakes were big hits in our home. (Chicago Parent) It's a wonderful resource for making baby food at home, and with more than seventy easy-to-prepare recipes made with all-natural ingredients, the Happy Family Organic Superfoods Cookbook offers a fresh, nutritious, and accessible approach that is really helpful. Even better, the recipes are packed with nutrient-rich superfoods that are easy to find at the grocery store (think quinoa, chia, and kale for babies; strawberry-beet pudding with coconut milk and chia for toddlers). (Momtastic)

Lauded for her entrepreneurial vision and innovation, Shazi Visram is on a mission to positively impact the health of children through early life nutrition. She was co-author of Happy Baby: The Organic Guide to Baby's First 24 months with Dr. Robert Sears and Amy Marlow, MPH, RD, CDN. She was honored as one of Babble's 100 Moms who are changing the world and lauded by President Obama as "a rockstar of the new economy and a leader we can all emulate." She was recently named one of 15 Kick\*\*\* Women in Food by Food Processing Magazine. Shazi is mom to Zane and is expecting a little girl in July. Cricket Azima is a professional chef who specializes in cooking for and with children, including recipe development and testing. Her children's cookbook, Everybody Eats Lunch, was published in 2008. In 2014, her classroom cooking curricula, Everybody Can Cook, was published. Cricket is the founder of The Creative Kitchen, a company that hosts hands-on cooking classes and events and produces large-scale family food activations, such as the annual Kids Food Festival, in partnership with the James Beard Foundation. A graduate of NYU, Cricket has a master's degree in Food Studies and Food Management. Cricket is mom to Kingston.

Really great cookbook and guide to feeding your baby. The book starts with info on starting solids, providing recipes for purees, and ends with recipes the entire family can enjoy. Clear instructions, easy and creative recipes. Beautiful and whimsical illustrations. This book would make a great gift for a mom who's about to start solids with her little one. My kids loved the baked rice balls with salmon and peas. I look forward to testing out all the recipes.

This cookbook is great! From simple purees to quinoa dishes and muffins- there's a wide variety of

healthy recipes the whole family can enjoy! When I run out of ideas or keep going to the same 'ol dishes for dinner for my little one, I open this for a little inspiration! It's been a hit in my family and with all our friends kiddos too!

First of all this book is beautiful! The perfect gift for a baby shower or special occasion. I absolutely love all the practical information in this book including the Nutrient Guide, serving size guides for baby, portion size guides for toddlers, tips for cooking gluten-free and nutrient rich, picky eaters, feeding-on the go, etc. Also, there are "How Tos" about freezing baby food, storing food and so much more. I especially love the allergen guides for each recipe, which makes things so much easier if you are looking for recipes such as Vegetarian, Egg Free, Gluten-Free, Nut Free, Dairy-Free. The recipes are great for ages 4 months to 3 yrs, and there are soooooo many incredible pictures and inspiring recipes. There is also a little information for each recipe which tells you the significant nutritional value of the ingredients being used in the recipe. All the recipes are easy to make and there is a huge variety to choose from purees, burgers, meatballs, stews, smoothies, kebabs, granola bites, muffins, dips, pies, etc. The index is super easy to use as well so you can find recipes with the ingredients you may have on hand. I just can't stop telling my friends how much I love this book! This is my new go-to gift for all my moms-to-be. Also, it is a great gift for 1st birthdays too! LOVE!

Awesome! Can't wait to utilize this book once baby girl is old enough!

This cookbook is absolutely the perfect gift for moms! I love it. The recipes are simple to follow and yummy. I'm always looking for healthy snack options and there are so many good choices. Almost every recipe has a picture that corresponds to it. These recipes are family friendly for kids and adults.

Tasty recipes, would recommend this book whether you buy organic or not!

Love, Love, Love this cookbook. The recipes are delicious and my baby and I love them. I like that it has recipes for every stage. There's a picture of one of the recipes I made. So easy!

I love this book. So many fun recipes for my picky toddler.

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